

# SANE

We're people like you

**Peer Group Chat**

**Date:** 01/09/2022

**Title:** Celebrating Our Successes

**Description:** With a large focus on deficits and symptoms in mental health care today, it can be difficult to focus on our strengths and achievements. It can make a big difference to our wellbeing when we celebrate our wins, from the big to the small and everything between! Let's talk together to shine a spotlight on our successes and strengths!

<b>PurplePanther (PSW)</b>	<p>Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Celebrating our Successes. We really value your thoughts on how these groups go, so we will send a link to a short survey at the end of this event for you to complete. While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can find the survey here now: <a href="https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW">https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW</a></p>
<b>PurplePanther (PSW)</b>	<p>Tonight, Peer Support Workers @Girasole and @PurplePanther will be facilitating a discussion around the topic of Celebrating our Successes. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, celebrating successes can be a big step for all. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about mental health struggles and barriers to celebration of successes. @LunaSky, a counsellor, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a>) or message @LunaSky. We're looking forward to creating a space where we can reflect and learn more together about Celebrating our Successes</p>

PurplePanther (PSW)	Within this group tonight we'll be talking about: What we could celebrate more of in our lives – big or little Challenging any possible instincts to self-deprecate What celebrating more of our achievements could do for us, and how to do it more!
PurplePanther (PSW)	We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join 😊
PurplePanther (PSW)	Welcome everyone! Feel free to introduce yourselves. I'm @PurplePanther
The Hams	hi there forumites. Will brb in 10mins
Girasole (Peer Worker)	Welcome @the magician ! It's great to have you here :)
PurplePanther (PSW)	<b>Q1: What does success look like for you, in terms of something that you'd like to celebrate? It may be something "big" or something "small"</b>
the magician	hello people!
Girasole (Peer Worker)	Hmm... something I did well; something I did that brought me happiness or joy; something that involved effort and might have been difficult, but I came through
the magician	a small success would be eating a healthy cookie instead of chocolate. a large success would be living more mindfully into remission. i would like to celebrate the health and life changes ive made . and how far ive come
Girasole (Peer Worker)	That's great @the magician , you certainly deserve to celebrate the things you've achieved and the progress you've made :blush:
the magician	i like to celebrate my cognitive points on brain apps haha
Girasole (Peer Worker)	Hi @The Hams ! Great to have you here, welcome :)
LunaSky (moderator)	Success for me can also be feeling of peace and satisfaction that comes from contributing to another person's success
the magician	success for me is pacing myself not overthinking
PurplePanther (PSW)	<b>When I have overcome lots of barriers and challenges to reach a goal, I find that really rewarding</b>
PurplePanther (PSW)	<b>Q2: Is celebrating success something you tend to do much? Is it something you'd like to do more?</b>
Girasole (Peer Worker)	When I think about what I could celebrate more, I realise there's a great deal of things I could be acknowledging and celebrating more, but I don't really do much at all when they happen. But I think I should!
the magician	i share cakes with my family and online shop so i get a surprise at the door every so often.

Girasole (Peer Worker)	that's nice @the magician :)
<b>PurplePanther (PSW)</b>	<b>I've got some things to achieve this weekend and will be celebrating and rewarding myself by making a charcuterie board when it is done</b>
the magician	id like to celebrate with new acquaintances on the town, just not sure how comfortable with pandemic i feel about that.
Girasole (Peer Worker)	Do you have any thoughts on this one @The Hams ? (All good if not, of course :))
The Hams	hey back - just catching up on reading it
LunaSky (moderator)	Just talking about success makes me want to celebrate much more, I can tend to get stuck in what I have to do not what I have already done! Icecream always feels like a celebration to me
The Hams	"Challenging any possible instincts to self-deprecate"
the magician	haha I'm eating dinner
Girasole (Peer Worker)	Oh that's right, sorry I forgot you were away for a bit!
The Hams	I actually think I do self deprecate a lot but it is a coping mechanism or defence mechanism
The Hams	it can get in the way of genuine celebration of success
Girasole (Peer Worker)	Totally understandable @The Hams - have have some questions a bit later on that'll go deeper into that, and one of our resources we'll share at the end talks about this issue too :)
Girasole (Peer Worker)	we have*
<b>PurplePanther (PSW)</b>	<b>Q3: Do you think it could be helpful to celebrate your wins more? What do you imagine the benefits could be?</b>
the magician	yes little joys build momentum
the magician	wondering: if going downhill is easy, then it cant be much of a difficult time after all?
Girasole (Peer Worker)	Yes I agree @the magician about this idea of momentum - I think momentum built from little things can help with self-esteem, maybe even build my self-efficacy (i.e. my belief that I can do things). This can mean I'd be less likely, at times, to self-sabotage- if I try things I normally wouldn't, I do things I might otherwise hesitate at - I grow
The Hams	The benefits of celebraing wins would be a better sense of self and also better self image. The achievements we make in life deserve praise. But putting ourselves down can be bad for us

<b>PurplePanther (PSW)</b>	<b>@Girasole (Peer Worker), I definitely achieve more with momentum</b>
the magician	reinforcement of something you're good at is great for confidence done regularly.
the magician	i used to give a talk to a whole heap of medical students. that empowered me and gave sense of bigger abilities outside my initial thoughts of myself.
Girasole (Peer Worker)	Interesting @the magician ! I'm curious as to what bigger abilities that helped you realise you have? :)
<b>PurplePanther (PSW)</b>	<b>Q4: Sometimes it can be easier to place the focus on our failures when we are struggling. How might be able to change this phenomenon?</b>
the magician	public speaking, reading medicine theory, good at PR and advocacy. ability in languages. creativity like writing a book.
Girasole (Peer Worker)	Amazing!!! :blush:
the magician	remind ourselves that we are capable. that we can choose happiness.
<b>PurplePanther (PSW)</b>	<b>I agree @the magician</b>
LunaSky (moderator)	Writing things down at the end of the day is a good way for me to remember the things that have gone well, the things to celebrate
The Hams	By placing the focus on on our previous successes. By changin our focal point, we can hopefully see ourselves through the struggle
The Hams	Agreed LunaSky. I actually write out lists of things to do and cross them out. As they are done. The sense of achievement I have at the end of the day is good -- seeing a crossed out list means I can throw it in the bin lol
the magician	i have a gratitude journal which is always a self help celebration that helps keep things positive straight and great for reflection
<b>PurplePanther (PSW)</b>	<b>@The Hams I do that too</b>
the magician	successes and challenges outside my comfort zone in outdoors activities is something i have been doing this year. travelling, canoeing hiking snow beach, bike.
the magician	after a challenging hill its always worth celebrating usually with a selfie.
Girasole (Peer Worker)	that's something I'd like to do more, actually (about reflecting on achievements) - I keep track of my day each day with my notes app, and delete things as I do them. But this means I lose track of everything I've actually achieved! When I've actually written down what I've achieved in a list, it left me feeling really good about the day :)

<b>PurplePanther (PSW)</b>	<b>Q5: Some people sometimes experience feelings of not being worthy of celebrating successes. What would you say to these people, to help them overcome these feelings?</b>
the magician	i recently started scrapbooking to keep all those little notes
The Hams	If you have met with success because of your efforts then this makes you worthy whether you accept it or not
the magician	its important that you know you're important.
Girasole (Peer Worker)	I'd say the ways we might have been treated, or things we experienced as normal growing up – might influence us to believe we don't deserve good things. But every single person here and every single person reading the transcript later on – deserves good things, and to have their achievements acknowledged and celebrated. We may not have always been valued as we should have by others in the past, but that doesn't mean that's what we deserve or that actually reflects our worth. We can choose to acknowledge that we deserve better! :) We all do
Girasole (Peer Worker)	Oh and also, no matter how much we might doubt it, we are all deserving of good things by nature of being human! I refer to the Universal Declaration of Human Rights – <a href="https://www.un.org/en/about-us/universal-declaration-of-human-rights">https://www.un.org/en/about-us/universal-declaration-of-human-rights</a>
the magician	i deserve better in relationships than how i grew up. if it doesn't measure up i don't have the space for it. i think certain things are not for me, though meeting someone that makes you all warm is good too.
Girasole (Peer Worker)	I'm so glad you're aware that you do deserve better than what you experienced growing up @the magician . That's a huge achievement in and of itself, becoming aware of that, tbh!
<b>PurplePanther (PSW)</b>	<b>@the magician My most important relationship is with myself now</b>
The Hams	WE can not afford to be our own worst enemy
the magician	i agree self comes first
<b>PurplePanther (PSW)</b>	<b>Q6: What might be some barriers to celebrating successes for you? How might these barriers be overcome?</b>
Girasole (Peer Worker)	The sense that I'd be doing it alone, or it seems way too big of a change to make in my life. This can be countered by involving supportive others (e.g. letting them know this is something I'd like support on, and inviting them to help), and starting by focusing small!
The Hams	The feeling that there are other barriers in my life has negatively impacted me in the past – i no longer feel like i can celebrate because its "just another problem on the way"
the magician	by being nice to myself not putting self on pressure to achieve the impossible. without thinking of it as a failure.
the magician	lowering the expectations a little, finding another solution.

PurplePanther (PSW)	I've always been a bit of a perfectionist, it's hard for me to think of things as 'good enough'
the magician	feeling good enough of achievements and goals, even future ones that would be a success.
Girasole (Peer Worker)	Yeah that can be challenging @The Hams - I feel like, despite there being other challenges ahead, you still deserve acknowledgement of what you achieve in the process. It doesn't have to be big - even just a reflection or recognition that you did a good job or overcame a lot to do something. Maybe a bit of esteem or pride there could also help in tackling what's next? :blue_heart:
Girasole (Peer Worker)	But also just want to say I truly understand @The Hams , I tend to approach things much the same ! Which would be good to change
the magician	change can be worth celebrating too
PurplePanther (PSW)	<b>Q7: How do you all celebrate your successes? Or how could you start to do this?</b>
Girasole (Peer Worker)	Maybe the stepping stone between not celebrating and celebrating our successes, is just acknowledging them? I'm feeling very motivated to start reflecting just for a minute or 2 on what I achieved in a day, as I'm winding down at the end of each day :) Just noticing things I did well, or things I should have some pride in
PurplePanther (PSW)	<b>@Girasole (Peer Worker) It is motivating. I am actually wanting the weekend to start so I can get on with the things I need to do !</b>
the magician	other than dancing up and down? with people -sharing. making myself a baileys milkshake once in a while. doing a time capsule or something creative. making a list of all that I've accomplished.
LunaSky (moderator)	Allowing myself to pause and take some time, doing something spontaneous
The Hams	agreed girasole
the magician	allowing myself to feel good, reward self, take breaks.
The Hams	i write them down or reward myself with something
The Hams	mostly the second one - i buy a thing or a book or something idk or take time out. I recently got into photography as a hobby. I think it will become more of an outlet though so maybe it wont be a reward mechanism
Girasole (Peer Worker)	Some more fun things I've done, for big achievements or moments in life, are have parties - not big events, usually just with a few people close to me. But we might contribute to a shared playlist under a theme related to the cause for celebration, have some cake, even whack a pinata - they're always great fun!
Girasole (Peer Worker)	Having some silliness or humour involved can be nice

the magician	sounds fun , welcoming.
<b>PurplePanther (PSW)</b>	<b>Doing something I love. I agree some humour is always good</b>
<b>PurplePanther (PSW)</b>	<b>Q: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?</b>
Girasole (Peer Worker)	I like these things that were shared :blush: "The achievements we make in life deserve praise" - @The Hams "remind ourselves that we are capable. that we can choose happiness. " - @the magician
LunaSky (moderator)	Tonight has inspired me to celebrate more, to relax a little, and perhaps even get a Pinata!
the magician	to be more calm, like a wave or a song, enjoying the journey. common therapeutic thoughts.
Girasole (Peer Worker)	that sounds like a great way to be @the magician !
<b>PurplePanther (PSW)</b>	<b>Q: Would some self-care be helpful for you after we finish? If so, what might you do? 😊</b>
LunaSky (moderator)	I am inspired to write a gratitude list before sleep, and enjoy the feeling
Girasole (Peer Worker)	I think it's making sure I focus on the basics tonight! I have a big weekend ahead so making sure I get good sleep etc is important
the magician	make a mocha and chat to mum. get super warm in bed with mp3player. use gratitude journal.
Girasole (Peer Worker)	Ooh yes that reminds me! I was also planning to make myself a hot chocolate, which is one of my favourite drinks :)
<b>PurplePanther (PSW)</b>	<b>All those things sound amazing</b>
<b>PurplePanther (PSW)</b>	<b>I think it might be a hot drink for me too</b>
<b>PurplePanther (PSW)</b>	<b>Here are some further resources we recommend having a look at: 1: "I celebrated my 'small wins' for a week, and it changed my whole perspective" <a href="https://www.bodyandsoul.com.au/mind-body/wellness/i-celebrated-my-small-wins-for-a-week-and-it-changed-my-whole-perspective/news-story/49df818c3b3be61c8b1ee46545a7ac2a">https://www.bodyandsoul.com.au/mind-body/wellness/i-celebrated-my-small-wins-for-a-week-and-it-changed-my-whole-perspective/news-story/49df818c3b3be61c8b1ee46545a7ac2a</a> 2: Does it feel unnatural to celebrate ourselves? Is self-deprecation more of an instinct? "Overcoming bad inner voices": <a href="https://www.youtube.com/watch?v=gGuZVuUBeiQ">https://www.youtube.com/watch?v=gGuZVuUBeiQ</a> 3: Why celebrating successes is important for our mental health: <a href="https://innovativeresources.org/why-celebrating-successes-is-important-to-our-mental-health/">https://innovativeresources.org/why-celebrating-successes-is-important-to-our-mental-health/</a></b>

PurplePanther (PSW)	We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat. We'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link: <a href="https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW">https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW</a>
the magician	thanks people tonight has been insightful. see you next week. night.:zzz: :first_quarter_moon_with_face:
The Hams	thanks all and see you around the forum !
Girasole (Peer Worker)	Thanks for your presence and thoughts everyone :blush: Take care
PurplePanther (PSW)	Thank you for joining, and we hope you enjoyed the discussion 😊 If you'd like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a> . You can also ask questions for us to discuss in future peer chats!